



the

CommonHealth Compass



Bruschetta

Prep Time: 5 Minutes**Cooking Time:** 5 Minutes**Servings:** 6

Ingredients

- 1 can (14.5 oz) Italian Recipe Stewed Tomatoes
- 1 – 2 cloves garlic , crushed
- 2 Tbsp. chopped fresh basil or ½ tsp. dried basil
- ½ loaf baguette French bread , sliced ½ inch thick
- 1 Tbsp. olive oil

Directions

Drain tomatoes, reserving liquid. In a small saucepan, boil reserved liquid with garlic 5 – 6 minutes, stirring occasionally. Remove from heat.

Chop tomatoes; combine with garlic mixture and basil.

Brush bread slices with olive oil. Broil until golden. Top with tomato mixture; serve immediately.

Nutritional Information

Per Serving

Calories:	50
Total Fat:	2.5 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	250 mg
Carbohydrates:	7 g
Fiber:	1 g
Protein:	1 g

Every Calorie Counts



April 1 – June 30

Have you ever made the decision to lose weight, get in shape or drop a few pounds and you simply can't make it happen? You certainly aren't alone! Our CommonHealth **Every Calorie Counts** program will focus on several topics that you need to know in order to get back to, or to maintain, a healthy weight. We will examine portion control, the importance of understanding food labels and, some of the Super Foods that always seem to be in the news. Some tips for teaching our children how to eat healthy and stay active are also included.

Some program excerpts...

- A pound is 3500 calories. What is the easiest way to cut back?
- Every calorie counts, even those on Fridays, your birthday or when someone else makes the meal
- The common 20-ounce bottle of Coke has 250 calories and 15 teaspoons of sugar.
- How do you keep your kids from gaining too much weight?

Come to a CommonHealth **Every Calorie Counts** program or participate by watching our online video or completing a program coupon found on our Web site. Contact your Regional Coordinator today to schedule the program or go to www.commonhealth.virginia.gov and click on the TLC icon.

TLC Spotlight: Town of Front Royal

Located in the northwestern corner of Virginia, 70 miles west of Washington, D.C., Front Royal is one of many towns included in the beautiful Shenandoah Valley. The Shenandoah River and the Entrance to the Shenandoah National Park/Skyline Drive are located in this historical town, as well as a welcoming Downtown Area where the Front Royal-Warren County Visitors Center is located. Front Royal is *"Blending the Best of the Future with the Best of the Past."*



Front Royal operates under a Council/Manager form of government. It employs approximately 170 full and part-time employees, excluding seasonal staff; and provides full service to approximately 14,500 residents. Front Royal has been very pleased with the service and benefits they have received for the 160 employees enrolled in the TLC program since their enrollment 10 years ago. Front Royal takes pride that 50% of their employees participate in the annual program and 35% in the biannual screening.

Julie Bush, the town HR Director and TLC Coordinator says they have found at least 10 employees who have had high blood pressure or high cholesterol and did not know it until they participated in the medical screening. They were able to catch their health condition early and take action before a serious health event such as a heart attack or stroke threatened their lives!

Julie feels the extras such as the annual program, medical screening, *Quit for Life and Future Moms* are excellent additional benefits that you do not get in other health care plans.

"As an HR Director, I love the fact that TLC is a "One Stop Shop" for all of our employees' Medical, Dental, Prescription and Mental Health needs. I only have to make one phone call to get answers to my questions," she explained.

Other insurance plans she managed in previous job positions did not provide that service. An additional bonus is having no premium increases for the past three years. "That means the additional intervention activities are having a positive impact," she said.

The town of Front Royal welcomes you to stop by and visit its unique and beautiful location. Taste great Virginia wine at surrounding wineries and experience culinary delights from down-home to gourmet. Park at the Gazebo in Downtown Front Royal where you have your choice of 10 different restaurants within walking distance! Local art and artists are plentiful on Main Street in Downtown Front Royal. To find out more, call (540) 635-5788 or visit the town's Web site at www.discoverfrontroyal.com.

Don't Super Size That!

One of the main reasons that obesity in America has reached epidemic proportions is that portions today are far bigger than they were in the past, which often means we are taking in far more calories than we realize! Larger plates, cup holders, muffin tins, and pizza pans are becoming the norm, as are larger belts, pant sizes, and theater seats. According to the USDA Food Pyramid, larger portions do add up. Just an extra 100 calories per day can add up to a 10-pound weight gain in a year. However, cutting back on just 100 calories a day can mean losing 10 pounds in a year. So, here are a few tips and a chart to help you keep portion sizes in check.

- Store tempting foods like chips, cookies or ice cream out of immediate sight, like on a high shelf or at the back of the freezer. Move healthier food to the front at eye level. Better yet, don't bring these foods into your home.
- Try not to eat straight from the package. Instead, measure out a single serving into a small bowl or container.
- Use medium size plates or plates with serving dividers to limit portions at meals.
- Pack your own snacks in small plastic baggies.
- You don't need to eat it just because it is in front of you. Ask for a "to go" box before the meal is served and save some for the next time!

In addition, remember to slow down! Enjoy each bite of your recommended serving. Your taste buds and your waistline will thank you!





Bring Your Glasses to the Grocery Store

If it is important to learn to control our calories then the best place to start is to understand how to read a food label. Believe it or not, food labels were not even regulated before 1994.

The key part of using food labels is they provide instant portion control based on the recommended serving sizes. The good news is, in time, assessing the serving size of your favorite foods will become second nature. Once you assess your caloric needs, food labels will help you identify areas in which you can cut back painlessly and lose weight.

For example, when you see your favorite yogurt contains 160 calories per serving, it will be much easier to identify one that contains 100 calories if you always check the nutrition label. If you eat yogurt every day, this one change can cut over 400 calories from your diet each week!

Serving Sizes

Serving size is the first and most important item listed on a food label. Serving sizes are standardized, recommended snack or meal size portions. Depending on the type of food, the serving size may be indicated by cup measure or number, such as one cup of cereal or one slice of bread. Some foods, like salad dressing, can be represented by small measures like tablespoons. This information is followed by the metric amount (e.g., grams) the serving contains. Whether you count calories, fat grams or carbs, it is impossible to track them without knowing and measuring serving sizes.

Percent Daily Value

The Percent Daily Value displays the amount of nutrients found in each serving of the food. These values are set by the Food and Drug Administration for a 2,000 and 2,500 calorie diet. As a general rule, most women should aim to keep their daily calories below 2,000 and most men below 2,500.

For example, a food that has 13g of fat per serving would state a 20 percent daily value on the label (Daily Values).

Calories and Percent Fat Calories

The calories in a serving are displayed directly under the portion sizes. The number of calories you actually take in is determined by the number of servings you eat.

Fat

A food's fat and saturated fat content is displayed next. Fat is listed in grams. For a 2,000 calorie diet, it means eating no more than 65 grams of fat each day.

Cholesterol

Cholesterol is listed under fats. It is a fatty substance found in animal products such as meat and dairy products. The American Heart Association recommends that you limit your average daily cholesterol intake to less than 300 milligrams.

Carbohydrates

Carbohydrates—often referred to as carbs—are listed next. Carbohydrate is an energy source used for everything from just walking to intense, prolonged exercise. Unless you're following a low-carbohydrate diet, it is acceptable to eat up to 300 grams of carbohydrate each day.

Protein

Protein is used by the body to build cells and maintain muscle and other tissues. Protein does not have a recommended daily value indicated on the food label. Protein needs are actually variable depending on your weight and activity level.

No matter what, remember, every 3,500 calories cut or burned equals one pound lost. A little light reading on the packages of your favorite foods could be the start to making it happen.

Nutrition Facts

Serving Size
Servings Per Container

Calories

% Daily Value

Total Fat 12g 18%

Saturated Fat 3g 15%

Trans Fat 3g

Cholesterol 30mg 10%

Sodium 470mg 20%

Potassium 700mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber

Sugars

Protein

Vitamin A

Vitamin C

Calcium

Iron

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	less than	65g	80g
Sat fat	less than	20g	25g
Cholesterol	less than	300mg	300mg
Sodium	less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Preventing Sneeze and Wheeze

Ahhhh-Chooooo! It's spring, that sneezing and wheezing time of year! For those who suffer with seasonal allergies, spring can be the cruelest of seasons and the mere mention of a garden will send some running indoors for the tissues. It doesn't have to be that way. Armed with a few tips and good planning, you can create a beautiful allergy and asthma-friendly landscape for all to enjoy.

1. Plant flowers without pollen. Pollen is what helps plants reproduce and what makes us sneeze. Thanks to modern science, today many plants are available without ANY pollen. Beautiful "double flower" impatiens, begonias and chrysanthemums (to name a few) have been hybridized and have more petals instead of pollen parts. These are widely available.
2. Plant only FEMALE trees and shrubs. Females trees and shrubs do not release pollen, in fact, female plants are known as nature's air purifiers. (Interestingly, most urban landscapes are dominated by pollen-releasing MALE trees because they are seedless and less messy.)
3. Choose the right type of lawn. Look for low pollen or no pollen hybrid lawn seed/sod. Also look for lawns that must reach 6 inches high before they can pollinate.
4. Use natives or only plants well adapted for your area. They will be more disease resistant and produce fewer molds. Get rid of plants that continually look sickly or attract bugs.
5. Do not use plants with strong fragrances, especially near entrances to your home. For example, do not plant jasmine vines near doors or under windows.
6. Use rock or gravel for mulch to reduce mold production.
7. Invite wild birds into your garden. They eat insects that damage plants which can trigger disease.
8. Keep weeds out. Wear gloves and a mask when weeding.
9. Learn about OPALS (the Ogren Plant Allergy Scale) developed by Thomas L. Ogren, the leading authority on allergy friendly gardening and landscapes . This system ranks the allergy potential of plants. Visit www.allergyfree-gardening.com for more information.
10. Relax and enjoy your garden!



We are here for you!

If you have any questions, comments
or concerns, please e-mail us at

www.commonhealth.virginia.gov/tlc.



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